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Housekeepers' Chat

Release Thursday, Jan. 3, 1929

(NOT FOR PUBLICATION)

Subject: "A Farewell Dinner for Joe College." Menu and recipes from Bureau of Home Economics, U. S. D. A. Facts about furniture from Forest Service, U. S. D. A.

Bulletin available: "Cooking Beef According to the Cut."

--ooOoo--

There was a special dinner for Joe College the other day -- a farewell dinner.

"Joe," said his mother, "What would you like to have for your last dinner at home, before you go back to school?"

"I'm fully prepared to answer that question," said Joe. "I want a good big steak, covered with tomatoes. You know -- a Swiss Steak. Then I'd like to have some onions and apples cooked together, the way you used to cook them. And Lemon Pie. Haven't had a honest-to-goodness Lemon Pie for so long I've almost forgotten how it tastes."

Acting on Joe's wishes, this is the dinner his mother prepared: Swiss Steak; Fried Onions and Apples; Quick-Cooked Cabbage; Mixed Sweet Pickles; Celery Hearts; Whole-Wheat Biscuits; and Lemon Pie.

This is the recipe for Swiss Steak -- six ingredients, for Swiss Steak:

|   |   |
|---|---|
| 3 pounds lean beef about 2-1/2 inches thick | 1-1/2 teaspoons salt                              |
| 3 tablespoons melted suet                   | 1/8 teaspoon pepper                               |
| 1/2 cup flour                               | 2-1/2 cups hot tomato juice and pulp or hot water |

Sift the flour, salt, and pepper together. Beat them thoroughly into the steak, with a meat pounder. The beating makes the meat more tender, and the flour absorbs the juice. Cut the steak into individual portions, if desired. Sear the meat in the hot fat, in a heavy skillet or kettle. Cover with the tomato juice and pulp or the water, adding more if necessary. Place a lid on the skillet or kettle, and simmer for two hours, or until the meat is so tender it can be cut with a fork. Turn the pieces occasionally, during the cooking. If the gravy becomes too thick, add more liquid from time to time. There should be plenty of rich gravy to serve over the meat. Onions may be browned, and cooked with the meat if desired. Serve piping hot.

The next recipe is for Fried Onions and Apples. Sounds like a queer



combination, doesn't it? And yet, it's one of Joe College's favorite dishes. Five ingredients, for Fried Onions and Apples:

|                            |                        |
|----------------------------|------------------------|
| 1 quart sliced tart apples | 1/4 teaspoon salt, and |
| 1 pint sliced onions       | 2-1/2 tablespoons fat  |
| 1 tablespoon sugar         |                        |

Melt the fat in a heavy skillet. Add the onions and apples. Cover, cook slowly until nearly tender, and stir frequently to prevent scorching. Remove the cover. Sprinkle the salt and sugar over the apples and onions. Continue the cooking until they are lightly browned. Serve at once.

Another one of Joe's favorite dishes was Quick-Cooked Cabbage, and the more quickly cooked it was, the better Joe liked it. "I like my cabbage green," said Joe, "so that I know what I'm eating."

If you don't have a recipe for Quick-Cooked Cabbage, I'll give you mine. Seven ingredients, for Quick-Cooked Cabbage:

|                               |                              |
|-------------------------------|------------------------------|
| 1-1/2 quarts shredded cabbage | 2-1/2 tablespoons butter     |
| 3 cups milk                   | 2-1/2 tablespoons flour, and |
| 1 cup cream or rich milk      | Salt and Pepper              |

Five ingredients, for Quick-Cooked Cabbage: (Repeat).

Cook the cabbage for two minutes, in the three cups of hot milk. Add the cup of cream or rich milk, the blended butter and flour, and the seasoning. Cook rapidly, for three or four minutes.

The dessert for this dinner was Lemon Meringue Pie -- made according to the cookbook recipe, on page 65. This recipe calls for three eggs, too -- seems quite extravagant, at this season of the year when eggs are so high. But then Lemon Meringue Pie is Joe College's favorite dessert, and this meal was cooked for him.

To repeat the menu: Swiss Steak; Fried Onions and Apples; Quick-Cooked Cabbage, Mixed Sweet Pickles; Celery Hearts; Whole-Wheat Biscuits, and Lemon Pie.

There's time enough left to answer a few questions:

First question: "I have heard that aluminum cooking utensils are dangerous to health. Is there any truth to this statement?"

As far as scientific investigation has gone at the present time, there is no proof for the statement that aluminum cooking utensils are dangerous to health. Certainly we know that they are being used in households all over the country, and that people are suffering no ill effects. Research studies on this subject are being carried on at the Mellon Institute of Industrial Research, at the University of Pittsburgh, Pittsburgh, Pennsylvania. You might write there, for any material they may have for distribution.



Second question: "Will you please send me a recipe for Rice Waffles."

Answer: I am sending you the bulletin called "Rice as Food." It contains a recipe for Waffles made with Rice, and a good many other rice recipes. Another good bulletin for your kitchen library.

Last question: Do you have any directions for making Cottage Cheese?

Yes; "Making and Using Cottage Cheese in the Home." This bulletin also contains some mighty good cottage cheese recipes.

Tomorrow: "Teaching Children the Value of Money."

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